

Daily Record

Week of _____

Endurance and Flexibility

This form is for keeping track of the activities and exercises you do each day.

(Make copies of this form. Leave this one blank, so you can copy it as needed.)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div>activity</div><div>Endurance: <i>List the activity you did and how long you did it.</i></div><div>how long?</div></div>							
Flexibility. Check the box of each stretching exercise you did:							
Hamstrings							
Alternate hamstring							
• Calves							
• Ankles							
• Triceps							
• Wrists							
• Quadriceps							
• Double Hip Rotation							
• Single Hip Rotation							
• Shoulder Rotation							
• Neck Rotation							